

FAQs

HOURS & LOCATION

800 Thomas Street - 100
972-442-8119

MONDAY - FRIDAY

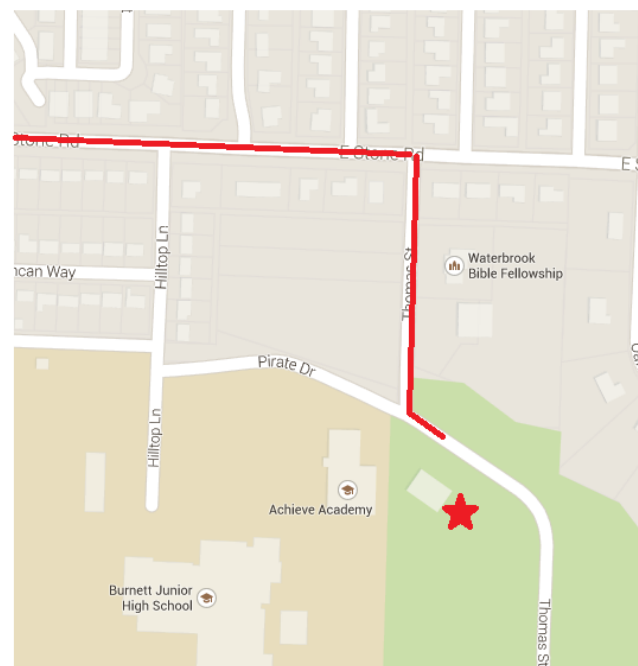
8 am - 4 pm

SATURDAY

9 am - 3 pm

SUNDAY

1 - 5 pm



HOW DO I GET ON THE BUS PICK UP LIST?

Bus pick up to and from the Sr Rec Center is available M-W-F for Wylie Residents.

Just see the front desk staff at the Sr Rec Center to get your name on the pick up list. If the bus is already full your name will be added to a waitlist.

WHAT IS A STORE TRIP?

Every other Tuesday the bus will pick up riders and take them around town to run errands. Typical stops include Walmart and Dollar Tree. Special requests to other local shopping is subject to approval.

WHAT IF I HAVE TO CANCEL A TRIP?

Cancellation must be made 24 hours prior to the scheduled start time. Notify a Sr Rec Center staff person. Refer to p. 45 of the Activity Menu for more information on Sr Rec Center Refunds.

Sr Rec Center ID

Sr Rec Center IDs are available at no charge for ages 55 + at the Senior Recreation Center. Gain access to Open Play activities and Fitness Area. Review Rec Pass Terms of Use, Facility Rules and Guidelines prior to sign up.

AUGUST 2015

Sr Rec Center

800 THOMAS - 100 | 972-442-8119 | Recreation@WylieTexas.gov

SPECIAL EVENTS

Coffee Talk

NEW!

Talk over your recreation ideas, wants, and needs with peers. Lending your voice created programs like YANA (You are Not Alone), Gold Card events, and new trips. Gain inside information on upcoming events and influence programming. Share ideas, brainstorm, and ask questions. You provide the input, and we provide the snacks.

Senior Recreation Center

Ages: 55 Yrs +

5189 W 8/5 12:30 - 1:30 PM FREE

Celebration Luncheon

Happy birthday to you, and you, and you! Give and get celebratory wishes during this long-standing Wylie tradition. Fill your belly with a hot, hearty, and free meal with friends, and take home the latest program information. Eat, talk, laugh, and stick around for an afternoon of games and door prizes. Register by Monday prior to event.

Senior Recreation Center

Ages: 55 Yrs +

Finger Foods

5137 F 8/21 11:30 AM - 1 PM FREE

MOW Congregate Lunch

Meals on Wheels Collin County provides a nutritious lunch for seniors who are able to attend the Sr Center. Call or sign up with staff before noon the day before to make a reservation for a hot meal with 1/3 of your recommended vitamins and minerals! See staff for registration forms and monthly menu.

Senior Recreation Center

Ages: 60 Yrs +

Instructor: Meals on Wheels

M T W Th F 8/3 - 8/31 11 AM - 12 PM FREE

Dinner Double Feature

Sit back, relax, and enjoy the show! Watch a double feature on the big screen. Movie selections include favorite flicks from the past and present day remakes. Dinner and dessert served throughout the show for a hassle-free meal and movie going experience.

Senior Recreation Center

Ages: 55 Yrs +

King Kong, 1933 & 2005

5191 Sa 8/15 4:30 - 9 PM \$5

AUGUST 2015

TRIPS LET'S GO!

Senior Chow Critics

Everyone's a critic! Hunt for the best burger, perfect pepperoni pizza, and excellent egg fooyung around while exploring local metro eateries both new and well established. This great social outing for fellow foodies and friends leaves you stuffed and satisfied! Bring money for lunch.

Ages: 55 Yrs +

Outback Steakhouse

5161	Th	8/6	11 AM - 2 PM	FREE
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Winstar Casino

Hop on our bus and head up to Oklahoma's largest casino for a gaming experience like no other! Winstar features the best in electronic games, table games, and bingo. Registration includes your player's card and a free buffet breakfast throughout the morning. Bring money for extra food and games.

Ages: 55 Yrs +

5284	Th	8/13	7:30 AM - 4:30 PM	\$5
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Museum of Biblical Art

Established in 1967, the Museum of Biblical Art in Dallas is dedicated to displaying art with a Biblical theme and utilizing art to communicate tolerance and understanding. Eleven galleries exhibit European and American art, Jewish and Israeli art, rare Bibles, and Biblical Archaeology. Bring money for lunch.

Ages: 55 Yrs +

5281	Th	8/20	10:30 AM - 3:30 PM	\$10
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The Reelers

Calling all movie buffs! Meet with fellow movie lovers to enjoy cult classics and black and white favorites at the center, and travel with the group to visit some of the area's finest boutique theaters and historic cinemas throughout the season.

Ages: 55 Yrs +

At Senior Recreation Center

5185	T	8/4	10 AM - 3 PM	FREE
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B & B Theater

5278	T	8/18	10 AM - 3 PM	\$8
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QUESTIONS ABOUT TRIPS?

CONTACT WYLIE SENIOR RECREATION CENTER STAFF,
RECREATION@WYLIENTEXAS.GOV
OR 972-442-8119

REGISTER PER PERSON, BRING AT LEAST \$12 FOR LUNCH.

Lunch & Learn

Lunch while you listen! Learn useful information regarding various health and safety topics related to your generation. Enjoy a complimentary meal in a group setting during each learning session.

Senior Recreation Center

Ages: 55 Yrs +

Instructor: Robin Cruson, United Health Care

Final Expense Insurance 101

5824	W	8/19	11:30 AM - 12:30 PM	FREE
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Instructor: Winters Park Nursing and Rehab

Shingles, What is it?

5292	M	8/31	11:30 AM - 12:30 PM	FREE
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Senior Wellness Series

Stay informed on different health and safety topics that might be affecting you or a loved one. Group presentations on various topics include an informative session, resources for further study, as well as question and answer opportunities.

Senior Recreation Center

Ages: 55 Yrs +

Instructor: Cortez, Amy

Healthy Eating

5296	W	8/12	10 - 11 AM	FREE
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OPEN PLAY

Triple Threat

Blackjack, Poker, and Texas Hold `Em at the Center. Try your luck with the house dealer. Friendly wagers, antes and double downs are played for bragging rights at the Sr Rec Center.

Senior Recreation Center

Ages: 55 Yrs +

Instructor: Kruse, Matthew

	M	8/3 - 8/31	10 AM - 12 PM	FREE
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Open Crafts

Bring a current project from home or start a new one! Stimulate your creativity and exercise fine motor skills with friends. Limited supplies will be provided.

Senior Recreation Center

Ages: 55 Yrs +

Instructor: STAFF PARD

	T	8/3 - 8/31	9 AM - 2 PM	FREE
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Wii Bowling

This simulated bowling game is fun and easy to learn. Join the virtual league and sit or stand to bowl while practicing hand-eye coordination and balance.

Senior Recreation Center

Ages: 55 Yrs +

Instructor: STAFF PARD

MWF	12 - 3 PM	FREE
Sa	9 AM - 3 PM	FREE
Su	1 - 5 PM	FREE

HAND & FOOT, Dominos, MAHJONG, FARKLE, Bingo, Ping Pong...

HEALTH & FITNESS

Group Exercise

Fit and fun low-impact exercise adapted to fit the needs of those with disabilities, poor balance, or have trouble standing on the floor to exercise. Instructor uses a variety of techniques such as resistance bands, arm weights, and chair exercise to keep you on your toes and feeling great!

Senior Recreation Center

Ages: 55 Yrs +

Instructor: McGaughey, Joyce

5149	M W F	8/3 - 8/31	9:45 - 10:30 AM	FREE
5513	T Th	8/4 - 8/27	8 - 8:45 AM	FREE

Walk & Talk

NEW!

Walk your way to better health! Commit to group and personal goals to walk and talk 30 minutes three times a week. Let us help chart your walking progress. Enjoy the company, fresh air, and park setting.

Senior Recreation Center

Ages: 55 Yrs +

Instructor: Pannell, Julie

5153	M W F	8/3 - 8/31	8 - 8:30 AM	FREE
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Zumba Gold

Join the party and be a part of the Zumba craze! This aerobic fitness program with a Latin flare fits your needs. Learn the basic steps of samba, salsa, merengue, and mambo set to upbeat Latin rhythms. Move to the beat at a comfortable speed, or modify the intensity of your workout with the use of a chair.

Senior Recreation Center

Ages: 55 Yrs +

Instructor: Pannell, Sherry

5157	Sa	8/1 - 8/29	9 - 10 AM	FREE
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Chair Yoga

NEW!

Namasté! Relax and rejuvenate while improving balance and mobility. Get Fit Where You Sit™, DVD video series focuses on physical and mental fitness with the aid of a chair. Step by step instruction combines low impact cardio, resistance training, and stretching with mind-body techniques that promote active mindfulness and meditation.

Senior Recreation Center

Ages: 55 Yrs +

Instructor: Risteen, Cindy

5797	W	8/5 - 8/26	1:30—2:15 PM	FREE
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Senior Round Up Line Dance

Learn to boot-scootin-boogie with friends. Line dancing Improves balance, memory, and cardio stamina. Learn the basic steps of traditional line dances and country couple dance. All levels welcome.

Senior Recreation Center

Ages: 55 Yrs +

Instructor: Pannell, Sherry

5165	Sa	8/15	10 AM - 12 PM	FREE
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Sr Rec Fitness Area

Stay healthy and fit in a safe, clean and accessible environment! Wylie Sr Rec offers your choice of tread mills (2), recumbent bikes (2), elliptical machine, and various hand weights to keep your exercise routine exciting. Watch your local news or favorite shows on the fitness TV while you work out. Pick up literature featuring nutritional guidelines and healthy living tips. If an indoor workout is not for you take a stroll at Wylie's Community Park located outside the Sr Rec Center. Fitness area is available during business hours.

THE ARTS

Decoupage

Master the art of decoupage. Transform any ordinary object into a custom design with simple steps and instant results. By combining paper, paint, and pictures, tailor almost any object to reflect your personality, or match your home décor.

Senior Recreation Center

Ages: 55 Yrs +

Instructor: Pannell, Julie

5145	Th	8/6 - 8/20	1 - 3 PM	FREE
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Senior Craft Corner

Get crafty! Create one-of-a-kind treasures to keep or share with your friends. Quick and easy projects include something for everyone. Learn a new skill or show off an old one in a friendly environment with fellow crafters.

Senior Recreation Center

Ages: 55 Yrs +

Instructor: Hollien, Jennifer

Personalized Mugs

5169	W	8/19	12:30 - 1:30 PM	FREE
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Woodcarving

Learn how to transform a plain block of wood into art. Unleash your imagination and creative potential as you unwind, relax, and make friends. Gain basic tips and learn proper use of tools, easy to follow techniques, and important safety guidelines. You provide the creativity and we provide the supplies.

Senior Recreation Center

Ages: 55 Yrs +

Instructor: Kruse, Matthew

5141	W	8/12 - 8/26	1 - 3 PM	FREE
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Third Monday Book Bunch

Social networking and a good book. No batteries required! Immerse yourself into a good story with friends. Discuss thrilling tales, mysterious manuscripts, and awe-inspiring adventures. Paperback books selected a month in advance by the group and based on group discussion and interest.

Senior Recreation Center

Ages: 55 Yrs +

Instructor: Williams, Sierra

5177	M	8/17	12 - 1 PM	FREE
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Simple Spanish

Study basic Spanish with friends! Learn correct pronunciation and meaning of everyday words used in the Spanish language. Instruction includes simple conversational Spanish with the group in an interactive classroom setting.

Senior Recreation Center

Ages: 55 Yrs +

Instructor: Ruiz, Erica

5466	F	8/7 - 8/28	2 - 3 PM	FREE
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Stitch-n-Smile

NEW!

Happiness is just a needle and thread away! Develop your cross-stitch, knitting, and crochet skills while improving dexterity, memory, and concentration. Work on projects with friends, share tips, trade patterns, and relax! Bring your projects and supplies, limited supplies provided.

Senior Recreation Center

Ages: 55 Yrs +

Instructor: Pannell, Julie

5804	T	8/4 - 8/25	1 - 3 PM	FREE
	S	8/1 - 8/29	10 AM - 12 PM	FREE

Creative Confections

NEW!

Treat yourself to the sweetest projects! Join in for a yummy spin on cakes, candies, and cookies and discover a world of confectionary delight. Learn simple tips and techniques to transform ordinary sweets and treats into edible treasures.

Senior Recreation Center

Ages: 55 Yrs +

Instructor: Cortez, Amy

5800	M	8/31	12:30 - 2 PM	FREE
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August 2015

800 THOMAS - 100
972-442-8119
RECREATION@WYLIETEXAS.GOV

Sun	Mon	Tue	Wed	Thu	Fri	Sat
HOURS OF OPERATION Monday - Friday 8 AM - 4 PM Saturday 9 AM - 3 PM Sunday 1 PM - 5 PM						1 9 - 10 AM Zumba Gold 9 AM - 3 PM Wii Bowling 10 AM - 12 PM Ping Pong 10 AM - 12 PM Stitch-n-Smile
2 1 - 5 PM Wii Bowling	3 8:00 AM Games 9:45 AM EXERCISE 10 AM - 12 PM Triple Threat	4 8:00 AM EXERCISE 9 AM - 2 PM Open Crafts 10:00 AM The Reelers 1 - 3 PM Stitch-n-Smile	5 8:00 AM Games 9:45 AM EXERCISE 12:30 AM Coffee Talk 12:30 PM Library Trip 1:30 PM Chair Yoga	6 8:00 AM Games 8:00 AM EXERCISE 1 - 3 PM Decoupage 11:00 AM Senior Chow Critics	7 8:00 AM Games 9:45 AM EXERCISE 12:30 PM BINGO 2 - 3 PM Simple Spanish	8 9 - 10 AM Zumba Gold 9 AM - 3 PM Wii Bowling 10 AM - 12 PM Ping Pong 10 AM - 12 PM Stitch-n-Smile
9 1 - 5 PM Wii Bowling	10 8:00 AM Games 9:45 AM EXERCISE 10 AM - 12 PM Triple Threat	11 8:00 AM EXERCISE 9:00 AM Store Trip 9 AM - 2 PM Open Crafts 1 - 3 PM Stitch-n-Smile	12 8:00 AM Games 9:45 AM EXERCISE 10:00 AM Senior Wellness Series 1:30 PM Chair Yoga	13 8:00 AM Games 8:00 AM EXERCISE 7:30 AM Winstar Casino	14 8:00 AM Games 9:45 AM EXERCISE 11:30 AM Neuropathy Presentation 12:30 PM BINGO 2 - 3 PM Simple Spanish	15 9 - 10 AM Zumba Gold 9 AM - 3 PM Wii Bowling 10 AM - 12 PM Line Dance 10 AM - 12 PM Ping Pong 10 AM - 12 PM Stitch-n-Smile 4:30 PM Dinner Double Feature
16 1 - 5 PM Wii Bowling	17 8:00 AM Games 9:45 AM EXERCISE 10 AM - 12 PM Triple Threat 12 PM Third Monday Book Bunch	18 8:00 AM EXERCISE 9 AM - 2 PM Open Crafts 10:00 AM B & B Theater 1 - 3 PM Stitch-n-Smile	19 8:00 AM Games 9:45 AM EXERCISE 11:30 AM Lunch & Learn 12:30 PM Library Trip 1:30 PM Chair Yoga	20 8:00 AM Games 8:00 AM EXERCISE 1 - 3 PM Decoupage 10:30 AM Museum of Biblical Art	21 8:00 AM Games 9:45 AM EXERCISE 11:30 AM Celebration Luncheon 12:30 PM BINGO 2 - 3 PM Simple Spanish	22 9 - 10 AM Zumba Gold 9 AM - 3 PM Wii Bowling 10 AM - 12 PM Ping Pong 10 AM - 12 PM Stitch-n-Smile
23 1 - 5 PM Wii Bowling	24 8:00 AM Games 9:45 AM EXERCISE 10 AM - 12 PM Triple Threat	25 8:00 AM EXERCISE 9:00 AM Store Trip 9 AM - 2 PM Open Crafts 1 - 3 PM Stitch-n-Smile	26 8:00 AM Games 9:45 AM EXERCISE 1:30 PM Chair Yoga	27 8:00 AM Games 8:00 AM EXERCISE	28 8:00 AM Games 9:45 AM EXERCISE 12:30 PM BINGO 2 - 3 PM Simple Spanish	29 9 - 10 AM Zumba Gold 9 AM - 3 PM Wii Bowling 10 AM - 12 PM Ping Pong 10 AM - 12 PM Stitch-n-Smile
30 1 - 5 PM Wii Bowling	31 8:00 AM Games 9:45 AM EXERCISE 10 AM - 12 PM Triple Threat 11:30 AM Lunch & Learn 12:30 PM Creative Confections					

Activities and schedule subject to change. Minimum registration and fees must be met or activities will cancel. Some fees are non-refundable if registration is withdrawn. A City of Wylie registration form must be on file prior to participation.